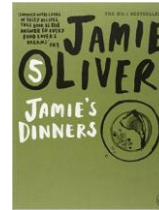


SAUTÉED JERUSALEM ARTICHOKES AND BAY LEAVES



This recipe is from Jamie's Dinner

This Jamie Oliver recipe is a delicious alternative to spuds and is great with meat, fish or even in warm salad.



Ingredients:

- 600 g Jerusalem artichokes
- olive oil
- a few bay leaves
- 2 cloves garlic
- 1 splash white wine vinegar
- salt
- pepper

Jerusalem artichokes are sweet, mushroomy and almost garlicky.

Method:

600g/1lb 6oz of Jerusalem artichokes serves 4. To start peel them, then cut them into chunks.

Place them in an oiled frying pan and fry on a medium heat until golden on both sides, then add a few bay leaves, 2 cloves of garlic, finely sliced, a splash of white wine vinegar, some salt and pepper, and place a lid on top.

After about 20 to 25 minutes they will have softened up nicely and you can remove the lid and the bay leaves.

Continue cooking for a couple of minutes to crisp the artichoke slices up one last time, then serve straight away.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk and the Phoenix Community Shop Facebook page